2009 OFSAA Cross Country Practice Eligibility Form

School Name: _____

Association: _____ Date: _____

Please list number of practices attended per week:

Athlete Name	Sep 1 – 6	Sep 7 – 13	Sep 14 – 20	Sep 21 – 27	Sep 28 – Oct 4	Oct 5 – 11	Oct 12 – 18	Oct 19 – 25	Oct 26 – 30	Oct 31 – Nov 6	Total # Practices

Any athlete participating in an OFSAA Championship must have participated as a member of a bona fide high school program during the school season (September to November), in a minimum number of practices (sixteen (16)), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

_____ _____

Coach's Signature Principal's Signature